

Chapter No. 2041  
16/HR43/R2086  
EW / AM

***HOUSE  
CONCURRENT RESOLUTION  
No. 65***

Originated in House \_\_\_\_\_ Clerk

A handwritten signature in dark ink, appearing to read "Andrew Mitchell", is written over the line for the House originator.

HOUSE CONCURRENT RESOLUTION NO. 65

A CONCURRENT RESOLUTION RECOGNIZING THE MONTH OF FEBRUARY 2016 AS SELF-CARE MONTH.

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs of symptoms of changes in health, knowing when to consult a health care practitioner and knowing when it is appropriate to self-treat conditions; and

WHEREAS, the United States Food and Drug Administration deems over-the-counter medicine safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies and other conditions that impact large segments of the population; and

WHEREAS, over-the-counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

WHEREAS, over-the-counter medicines are self-care products that consumers purchase at pharmacies, supermarkets, retail stores and online; and

WHEREAS, every dollar spent on over-the-counter medicines saves the United States health care system six to seven dollars each year totaling \$102 billion in annual savings; and

WHEREAS, nonprescription medicines help to ease the burden of health care practitioners, eliminating unnecessary medical examinations that could be avoided with appropriate self-care; and

WHEREAS, Mississippi benefits when its citizens practice appropriate self-care, do not unnecessarily visit health care practitioners and are empowered by higher self-esteem, improved health, and reduced use of health care services; and

WHEREAS, Mississippi encourages its citizens to take advantage of self-care's potential to improve personal and public health, save personal and public treasury and strengthen the sustainability of the Mississippi health care system; and

WHEREAS, it is the policy of this Legislature to recognize self-care's potential as a shared opportunity for consumers, health care practitioners, policymakers and regulators:

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE STATE OF MISSISSIPPI, THE SENATE CONCURRING THEREIN, That we do hereby recognize the importance of improving awareness of self-care and the value it represents to the citizens of Mississippi, acknowledge that over-the-counter medicines can

greatly improve and reduce costs of the public health care system and recognize the month of February as self-care month.

BE IT FURTHER RESOLVED, That copies of this resolution be furnished to State Health Officer Dr. Mary Currier and to the members of the Capitol Press Corps.

ADOPTED BY THE HOUSE OF REPRESENTATIVES  
March 3, 2016

  
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SPEAKER OF THE HOUSE OF REPRESENTATIVES

ADOPTED BY THE SENATE  
March 10, 2016

  
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PRESIDENT OF THE SENATE